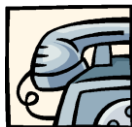


## **WARM Lines**



**Warm Lines** offer safe, confidential telephone support by peers when a person with mental illness wants to talk to someone. They are similar to hotlines, but are available when a person does not feel that he or she is in psychiatric crisis. Peer staff listen, chat, inform callers about mental illness, and attempt to empower callers to make changes and solve problems. Staff refer callers to professional help, including crisis services, as needed. Family members and the general public are also welcome to call for referrals and general information about mental illness.

### **Peer Phone Support Services in Missouri**

#### **Mental Health Association of the Heartland**

##### **“Compassionate Ear Warm line”**

Kansas City, KS

Local phone: (913) 281-2251

Toll free: **1-866-WARMEAR (1-866-927-6327)**

#### **Community Counseling Center’s Consumer Advisory Board**

Cape Girardeau, MO

Local phone: (573) 651-3642

Toll free: **1-877-626-0638**

#### **NAMI of Missouri**

Jefferson City, MO

Local phone: (573) 634-7727

Toll free: **1-800-374-2138**

#### **NAMI of Southwest Missouri**

##### **“The Hope Center”**

Springfield, MO

Local phone: (417) 864-3027

Toll free: **1-877-535-4357**

#### **Depressive Manic-Depressive Association of St. Louis**

##### **“Friendship Line”**

St. Louis, MO

Local phone: (314) 652-6105

Toll free: **1-866-525-1442**